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NEWS WORTH SHARING.

IF PRINCE CHARMING WAS A STALKER ...
'QUIRKY' ROM-COM TELLS STORY OF 'SELF-CENTRED, OBNOXIOUS' GUY'S OBSESSIVE LOVE OF WOMAN SET TO MARRY SOMEONE ELSE
PAGE 8

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A consulting firm's report is recommending changes to the way the City of Winnipeg plows sidewalks and streets in winter. BERNICE PONTANILLA/METRO FILE

Report calls for curbing snow removal

Snow problem? City could save millions by not plowing curb to curb

The way the City of Winnipeg handles snow removal may change if officials plow ahead with recommendations from a newly released review.

The Operational Review of Public Works by consulting firm KPMG, on the agenda for Wednesday's executive policy committee meeting, calls for city officials to consider not plowing down to the concrete or not clearing the entire width of residential streets "after high snowfall accumulations."

The firm estimates the city could save up to $3 million and lessen the damage to curbs and concrete joints.

Credit given

- Coun. Dan Vandal said what he found most interesting is that the "much-maligned" public service does get credit in the report for a job well done.
- "It's clear (in the report), the work being performed by CUPE members, the public workforce, is efficient and very lean," he said. "Rather than cutting snow-clearing services, the city should consider bringing this contracted work back in-house."

Should this not be implemented, the report then recommends a Winter Control Surcharge, which would be added to tax bills if the plowing costs during a winter period exceed the budgeted amount.

Infrastructure committee chair and EPC member Coun. Dan Vandal said he's open to discussing changes to curb-to-curb and bare pavement plowing, but thinks a surcharge "makes no sense."

"That's why people pay taxes, to receive basic services such as snow-clearing," said Vandal, adding in the meantime he'll be getting feedback from his constituents on the plowing recommendations.

"I'm far from saying I support it, I think that we have a very good snow-clearing system, so I really want to tread carefully before we start making changes."

BERNICE PONTANILLA/METRO

COROLLA

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The all-new 2014 Corolla LE ECO looks great from the inside and out. Its technologically advanced 1.8 litre VALVEMATIC engine with CVTi-S transmission, aerodynamic underbody covers and stabilizing fins, have made it the most fuel efficient gasoline powered compact sedan in Canada*, with a combined fuel consumption rating of 5.7L/100km (50 mpg)**. And you get it all with features like a 6.1" Touchscreen Display Audio System with Bluetooth®, Voice Recognition, USB Audio Input and Backup Camera all wrapped up in a sleek, expressive new design. Once you're able to believe your eyes, visit toyota.ca for details.

LE Eco

Corolla LE ECO shown.

**2014 Corolla LE ECO base model comparisons are with respect to all other gasoline powered models in the class for sale in Canada, excluding hybrids.*

***Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.*

TOYOTA

toyota.ca

Sinclair. Inquest told of serious ER staff shortage

A Winnipeg hospital emergency room was overcrowded and short-staffed — operating without a key triage nurse — when a man who died during a 34-hour wait came in seeking care.

Susan Alcock told an inquest into the death of Brian Sinclair that the emergency room at Health Sciences Centre was short five nurses on Sept. 19, 2008. They were only able to fill two of the vacancies, so Alcock said a nurse who would normally triage patients and reassess their condition while they waited was reassigned when Sinclair first arrived at the hospital that afternoon.

At the time, Alcock said they were also dealing with more patients than normal — 134 patients were admitted on Sept. 19 and 138 triaged the following day. The average patient load was around 120 a day, Alcock said.

The reassessment nurse was a position created following the death of another woman in the emergency room in 2003 and following recommendations of a task force in 2004, she said.

"People are at risk when they wait," she told the inquest. "Incidents had happened so that's why they got us a reassessment role."

It's not unusual for the emergency room to operate with only 80 per cent of positions filled, Alcock said.

The inquest is scheduled to sit for the rest of the month and hear from other nurses and medical staff who were on duty at the time.

THE CANADIAN PRESS

PST hike. NDP popularity still taking hit, poll finds

A new opinion poll suggests Manitoba's NDP government is still paying a political price for its sales tax increase.

The Probe Research poll, done for the Winnipeg Free Press, had 29 per cent of decided respondents say they would vote for the NDP if an election were held now. That's virtually unchanged from the last poll in June, which was two months after the government announced plans to raise the provincial sales tax to eight per cent from seven per cent.

The Progressive Conservatives scored 43 per cent, down three points from June, while the Liberals garnered 20 per cent — up three points from June and a 13-point jump from the 2011 election.

Liberal support has shot up between elections in the past, including a 15 per cent score in a Probe poll in December 2010, only to fall again by voting day.

The poll surveyed 1,002 people by telephone between Sept. 19 and 28, and is considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

THE CANADIAN PRESS

Selkirk Ave. Police link robbery, stabbing cases

A man alleged to have been involved in a grocery store robbery was later stabbed, Winnipeg police said.

Police linked two cases that took place on Saturday: the robbery of a grocery store in the 900 block of Selkirk Avenue and then a stabbing in the 1000 block of the same street.

The 23-year-old store clerk told police that two men, one armed and concealing his identity, entered the store. While one of the men stood as lookout, the second showed a weapon and demanded money, police said. They didn't get cash and fled with stolen goods.

Police believe that a short while later, the two suspects were at a house when a fight broke out between one of the suspects and another man.

This ended with the suspect stabbed numerous times in the upper body, police said, adding he was taken to hospital with non-life-threatening injuries.

Police said no arrest has yet been made in the stabbing, but Henry Duck, 24, and Jonah Gerard Moody, 26, both of Winnipeg, are facing robbery charges.

METRO

Chan looks to top court

'Really disappointed.' Appeal Court judges uphold previous decision in Katz conflict-of-interest case

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A Winnipeg restaurant owner is vowing to take his conflict-of-interest case against Mayor Sam Katz to the Supreme Court.

Joe Chan said he was "really disappointed" with a Manitoba Court of Appeal decision that upheld a lower court ruling that stated Katz did not book the event at his establishment, and there is no evidence he pressured city staff to do so.

The three-judge appeal panel added, however, that their ruling is not a comment on the ethics of the case — only on the law.

"It's one excuse after another excuse," Chan told Metro on Monday.

"It was his restaurant, it was our (taxpayers') money … We can't afford this mayor."

Chan said he is encouraged to see that his case has set a precedent for any future conflict of interest cases in Winnipeg.

"We expected it was going to be difficult when I took the first step," Chan added.

"No one knew of a precedent, we had to draw it first, so it leaves an example for the future if anyone wants to take a city politician to court.

"And I also opened it up for the people. Look at our courts system, the legislation and how aggressive they are, if we do have an aggressive conflict of interest, do you think this Sam Katz (case) would happen? No."

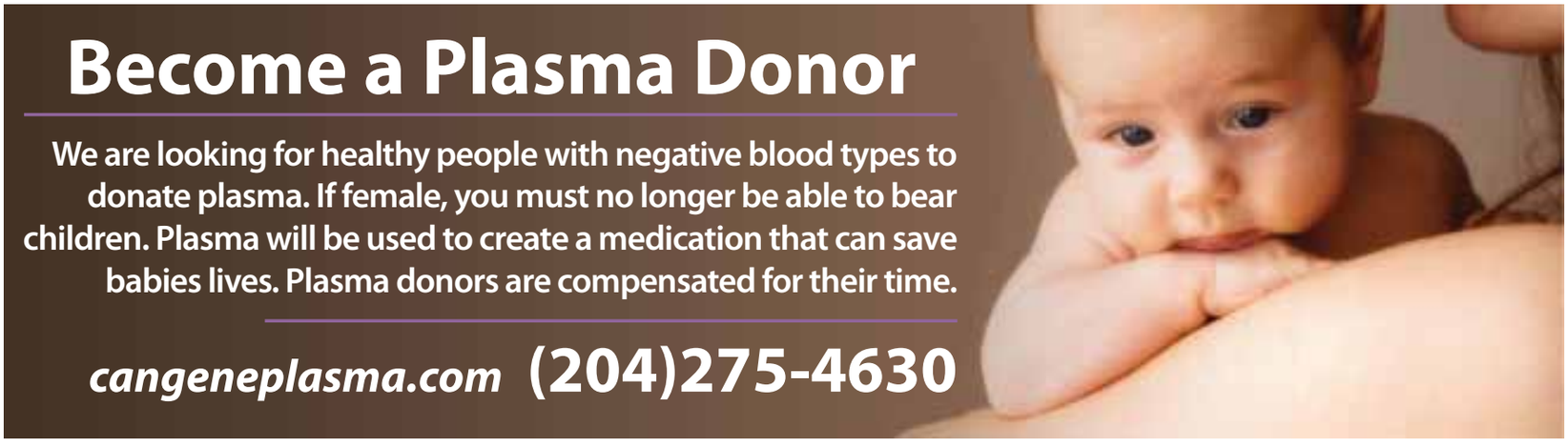
Katz came under fire for hosting a $3,000 Christmas party in December 2010 for city councillors and staff at an Asian restaurant he owned.

Joe Chan speaks to reporters outside the Law Courts building earlier this year. BERNICE PONTANILLA/METRO

Chan, the owner of restaurant Cathay House, asked the court to declare that Katz had broken the law and used his influence to have public money spent at his establishment.

The court also upheld the lower court's decision that requires Chan to pay Katz $10,000 in legal costs.

WITH FILES FROM THE CANADIAN PRESS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Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year."

MELINDA TAUB/MWN

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman made the remark Saturday on Fox & Friends during a discussion about closed facilities. She didn't cite a source, but a satirical news site called National Report had posted a similar story.

THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case, fuelling comeback speculation

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer in an official said.

The announcement fanned speculation of a political comeback for Sarkozy, who lost the presidency to Socialist Francois Hollande last year.

THE ASSOCIATED PRESS

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Anti-Korean group told to pay for 'hate speech'

Japan. Court orders $120,000 in compensation paid to school after classes disturbed by rallies that frightened children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "Kill Koreans" and threatened to "throw them into the sea." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen ($120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours.

THE ASSOCIATED PRESS

Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. THE ASSOCIATED PRESS

The White Widow

- The report lists Samantha Lewthwaite — a Briton known in U.K. media as the "White Widow" — as one of several "key actors" in the plot to attack Parliament buildings, the UN office in Nairobi, Kenyan Defence Forces camps and other targets.
- The plotters also intended to assassinate top Kenyan political and security officials, the report said.

Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

Argentina. President to have surgery to remove blood clot from brain

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favaloro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said in a statement Monday.

The surgery involves drilling small holes through the skull to remove old blood.

THE ASSOCIATED PRESS

Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires Monday. PABLO MOLINA/DYN/THE ASSOCIATED PRESS

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METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

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For your safety and convenience, Winnipeg Transit offers Request Stop service which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop – then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

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BE SMART WITH YOUR SMARTPHONE IN PUBLIC PLACES

Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Remembering to be aware of your surroundings while in any public place can significantly lessen your chances of becoming a victim. For instance, don't walk and text at the same time, you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity, it just takes a second for someone to steal your phone.

Peter Dering, founder of online startup Peak Design, looks through a package of clothing he got from Buck Mason at his office in San Francisco on Monday. Buck Mason, a new online men's store, has capitalized off men like Dering who are increasingly interested in looking dapper, not dowdy. JEFF CHIU/THE ASSOCIATED PRESS

Designer denim is the new hoodie

No offence Mark Zuckerberg... but hoodies are out in Silicon Valley, with young men ditching sweats for suits — or at least a sport coat

Doing his best Tim Gunn impression

"Birkenstocks with white socks was hideous back (in the '90s) ... It's time to up the ante."

Straight-talking image professional Joseph Rosenfeld, on his clarion call for Silicon Valley men to back away from the comfy German sandals and socks combo.

Silicon Valley has had a men's fashion problem dating back to its founders.

From their inception, tech companies went out of their way to be different — and that meant no more business suits. Thus brilliant innovations took place in the dumpiest of outfits as leather sandals, elastic-waist jeans and old T-shirts became ubiquitous.

But that's changing as a younger generation of engineers and designers have arrived seeking clothes that co-ordinate.

"There's definitely a shift happening here, and the age of the Silicon Valley culture has something to do with it," said image professional Joseph Rosenfeld.

"As a generation," he said, young professionals "tend to care more about style than engineers of the past."

The market has responded to this new attitude among the region's rising nerds, geeks and hackers with new online men's stores, personal style consultants and an array of high-end shops at Northern California's biggest mall. They're catering to the emerging members of a creative industry who, nonetheless, are seeking something of a uniform.

"They'll typically wear designer denim and a great button-up shirt by day, and throw on a sport coat at night to go to a cigar or wine bar," said Westfield Valley Fair mall general manager Matt Ehrie.

THE ASSOCIATED PRESS

Chichi makeover. Birks becomes Maison Birks

Birks, a mainstay at Canadian malls, is looking to go upmarket.

One of the biggest changes so far has been tweaking the name of the Montreal-based jewelry empire — now know as Maison Birks.

Since Jean-Christophe Bédos, a Moroccan-born Frenchman, took over nearly two years ago, he's looked for ways to give Birks the cachet of other elegant retailers like Chanel and Dior, which also use Maison in their names (literally meaning "the house of").

The storied company that has remained in Canada over a century (it also owns 20 Mayors jewelry stores in the U.S.) wants to create an international buzz with a big push into China.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
96.96¢ US (-0.20¢)

TSX 12,788.25 (+ 29.6)

OIL $103.03 US (-0. 81¢)

GOLD $1,325.10 US (+$15.20)

Natural gas: $3.63 US (+ 0.3¢)
Dow Jones: 14,936.24 (-136.34)

WILL YOU SPLIT THE COST WITH ME?

SHE SAYS

Jessica Napier
metronews.ca

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself — the cut, the colour, the sparkle — has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Folk girl is larger than life

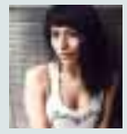
COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments



"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.

ISTOCK IMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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DVD review

After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

●●○○○

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL

Sara Canning and Ryan Kwanten star in The Right Kind of Wrong. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: The Right Kind of Wrong isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose reputation is left in tatters by his ex-wife's hyper-popular blog Why You Suck.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way. ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Adaptation

The film is adapted from the 1987 novel Sex and Sunsets, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

Villain sinks his Klaus into very own spinoff

The Originals. The Vampire Diaries spinoff gives bad guy Klaus Mikaelson more time to shine

The big, bad villain on the CW's The Vampire Diaries has his own series now.

Joseph Morgan first appeared during season two as Klaus Mikaelson, one of the world's first vampires, who is also half-werewolf. He was a series regular in the third and fourth seasons. "I love it," said the 32-year-old Morgan. "It's been one of the most fun characters I've ever played."

Fans loved Morgan's Klaus and his fellow vampire family members. They were making YouTube videos about the clan before the spinoff was announced.

Morgan is joined on the series by Vampire Diaries cast members Daniel Gilles, Claire Holt and Phoebe Tonkin. The show premiered last week on Thursday (9 p.m. EDT), but will begin airing in its regular Tuesday time slot (8 p.m. EDT) beginning today.

We asked Morgan a few questions about his new show.

How would you describe Klaus?

Klaus is an original vampire. His family was the first vampires to ever walk the planet. He's also a hybrid. He's half-vampire, half-werewolf because his father was a werewolf, different to his siblings. (His siblings had a different father.) So, when we were made vampires 1,000 years ago and we each made our first kills, part of the werewolf curse is when you make your first kill, you transform (into a wolf), so it was then that my hybrid nature became apparent.

What's it like to star in your own show?

For me it's more consuming because I'm just in more of it. There's more to do.

THE ASSOCIATED PRESS

Joseph Morgan as Klaus Mikaelson. THE ASSOCIATED PRESS

Lindsay Lohan ALL PHOTOS GETTY IMAGES

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says. "She loves the idea and really believes that if her name is attached to it, it will help draw attention to sobriety."

A pain in the neck won't stop this Snow White star

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jai gets jilted: A D-list love triangle plays out on Twitter

MELINDA TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.

Scarlett Johansson

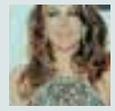
Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johansson doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

Twitter

@mindykaling
The hell of the modern dinner party is that interesting people never want to talk about themselves and boring people ask no questions.

@johncusack
well that instagram aint me don't even have an acount.



@ElizabethHurley
PS contrary to ludicrous reports, family, friends & followers, I am certainly not trying to have a baby..... mind boggling.

Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

ROMINA McGUINNESS
life@metronews.ca

She may have John Mayer, more than 42 million Twitter followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

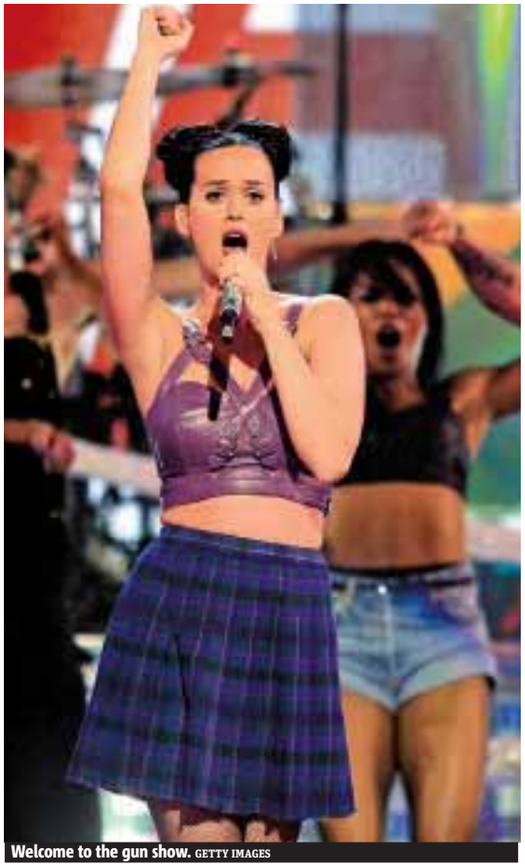
It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their shoulders forwards, whether that's because they've been sitting down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken

Dinner

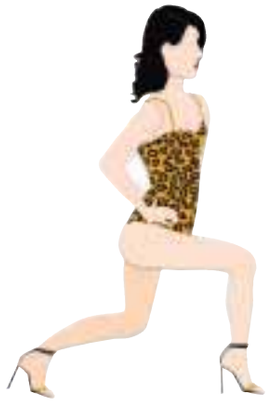
Shrimp stir-fry

Snack 1

Cut veggies with hummus

Snack 2

Air pop popcorn



The Perry workout

Do 3 sets of 20 reps for each move.

Skater lunge

Works the glutes, quadriceps and a bit of your adductor muscles and hamstring. Stand with your feet shoulder-width apart. With your right leg, step back and across your body, dropping your right knee behind your left heel. Then return to the beginning stance and do the opposite — step your left leg back and across your body, dropping your left knee behind your right heel.

Triceps press-up

Works the triceps. Lay on your stomach (on the floor or a mat) with your hands on the ground beside your chest. Keeping your elbows tight against your rib cage, press up into a cobra-like position using your triceps. Return to the original lying position and repeat.

Bent over dumbbell row

This works the back. Start by standing with feet shoulder-width apart, knees slightly bent, holding a dumbbell in each hand with your arms by your sides, palms facing toward you. Bend your knees and hinge forward from your hips, pushing your butt back and keeping your back straight, but as close to parallel to the floor as you can get. This is your start position. To initiate the row, drive your elbows behind you, squeezing your shoulder blades together, to bring dumbbells tight against your ribs. Lower dumbbells toward the floor, slowly releasing the row movement and return to the standing start position. That's one rep. Make sure you look straight ahead — not at the ground — for the duration of the movement.

Lying side bends

Works the obliques. Lie on the ground on your left side, hands stretched above your head. Lift the right knee and pull the right elbow down so they meet. Return to start. Repeat on the other side.

Tomatoes, feta, corn and avocado go with the grain

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

This recipe serves eight. ROSE REISMAN.

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

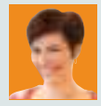
1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until the corn begins to brown. Add the tomatoes and cook until slightly charred (about 3 minutes).

3. Add the beans, arugula, feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Corn is a great source of fibre, lutein and zeaxanthin to protect your eyesight. Its sweet juiciness also lends itself well to all fall culinary flavours. Here are some creative ways to enjoy it.

• Cut short three-inch chunks and roll in extra virgin olive oil. Then, place into the oven at 375 F for 20 to 30 minutes, turning occasionally. These roasted husks are a beautiful addition to a chili or a side dish to grilled meat.

• Remove the silk and soak for an hour in cold water then place directly on the grill, turn often for 20 to 30 minutes. Remove husks and keep some of the inner leaves as garnish leaves or platter linings through the winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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OMG! She can get 500 men and she can get 500 more: the 100,000-men challenge

Poland's Ania Lisewska knows how to reach her goals. CONTRIBUTED

KIERON MONKS
Metro World News

In May, Ania Lisewska from Warsaw had an unusual epiphany, deciding she could contribute to a more progressive society by sleeping with 100,000 men covering every country.

The 21-year-old design student's tally is so far just shy of 1,000. She has been prevented from entering countries such as Iraq and Lebanon, but told us she is still confident.

Your mission could take forever. Do you expect to complete it?
The end is far away but I am slowly making progress and everything is going to plan.

It seems very demanding. What is your motivation?
The project started to fight the taboo around sex, and if I can do something for this it will be a good achievement. I am motivated by the positive feedback I am receiving from my fans.

And where have you received the best welcome?
Every country has great lovers, especially Polish, Czechs and Portuguese.

You have become a sort of celebrity. What sort of fan mail do you get? And what do your friends and family think?
Feelings are mixed. There are extreme cases of outrage, threats and negative opinion. I was surprised by the confusion and noise around the project — I had no idea it would move people so much. My family is not very interested.

Have you thought about just doing something else?
Not until I complete my mission!

Uniting to prove not evolving is a sin

Q&A. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

What are the main points of unity between your faith and transhumanism?
I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

Carl Youngblood of the Mormon Transhumanist Association. HANDOUT

What aspects of transhumanism are you most keen on?
I've always been a tech enthusiast since I played with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness of exponential change.

They want to resurrect the dead. Are you playing God?
There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more – the traditional Christians or the science geeks?
We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit. Also, transhumanists display religious behaviour in their culture.

Do you take part in the research and experiments? Would you be happy to be part mechanized?
There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

Good ol' manly rock, nothing beats that

Competitors compete in the U.K. Rock-Paper-Scissors Championships. WACKY NATION

No wait paper does!
Cut, cover and smash your way to victory — welcome to the wacky U.K. championships of rock-paper-scissors

It's been around forever, but the U.K. Rock-Paper-Scissors Championship has revived the classic battle of wits. With the 2013 edition next month, we spoke to organizer Sally Raynes, who also runs Wacky Nation sports, including backwards-running.

What does it take to be a champion?
Some of it is luck, but also psychology, cunning and arrogance.

How do you get in someone's head?
Lots of things: one is if you look them in the eye or put on shades. That can be disorientating. Another thing people do is walk up in a very aggressive way that suggests you will throw a rock, and then go for paper. Others pull faces or dance, anything to unnerve an opponent.

Are there "rock" people — people that you can tell will choose rock?
Typically it's men — women are more likely to use paper because it's passive-aggressive. Scissors are for cunning people.

Tricking the rockers

"Women tend to use paper because it's more passive aggressive."
Sally Raynes, Rock-Paper-Scissors Championship organizer

The last three champions have all been from the small town of Woking in southern England. Why are they so good?
Investigators were sent there to find out but couldn't, so I have no idea. It must be something in the water supply.

At Wacky Nation you also organize backwards-running and worm-charming. Which is your favourite?
I love rock-paper-scissors. So many people return every year and it's in a pub so there's a great atmosphere. By the final round, half the pub is on each side. There is so much trash-talking. METRO

Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. ISTOCK

Dollar Decision$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions

YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help for parents of Gen Tech. Dollar Decision$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in a debt.

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to $5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Blue Bombers GM looking past season

Alex Hall sacks Roughriders quarterback Darian Durant at Investors Group Field on Sept. 8. The league's sack leader was traded to the Riders on Sunday. JOHN WOODS/THE CANADIAN PRESS

CFL. Despite a slim chance of advancing to the playoffs, Walters positioning team to improve the future

"Given up" is too harsh a phrase for Winnipeg Blue Bombers acting general manager Kyle Walters.

But by sending defensive star Alex Hall to the Saskatchewan Roughriders over the weekend, the Bombers have essentially conceded their playoff chances are as cold as winter in their prairie home.

Hope probably died for Winnipeg fans long ago, as the team (2-12) flirts with a chance to post its worst finish in the modern 18-game CFL. A 38-11 loss to Calgary last Saturday coupled with Montreal's win over Edmonton left only the slimmest of chances for the Blue Bombers.

"I guess mathematically we still have a chance but the reality is making decisions for the future has to be in the thought process."

Instead of wishing and hoping, Walters opted for dealing and building.

Hall's departure, which was more a matter of when and not if, came down to a couple of other late-season "ifs" that could have changed the decision. "There was interest two weeks ago about Alex Hall and if we could have pulled off a win against Edmonton or against Calgary and if Montreal's record had stayed where it was, then..." Walters said Monday.

Hall, a soon-to-be free agent who leads the CFL with 15 sacks, wants to try the NFL again and Walters can understand why the six-foot-six, 256-pound defensive end would get serious looks. He played 32 games for the Cleveland Browns before joining the CFL.

But keeping such a talented player even for the short-term would have been Winnipeg's preference.

"Our No. 1 goal all along was to re-sign Alex Hall, it's been going on for a year," Walters said. "The No. 2 goal was to have Alex Hall on this team as we make a push for the playoffs.

"And the reality was a tough decision needed to be made within the next 48 hours and that's what was made."

The Bombers received Canadian offensive lineman Patrick Neufeld and a fourth-round pick in the 2015 CFL draft for Hall and a second-round pick in the 2014 draft. Walters said Winnipeg gets a better CFL-ready Canadian offensive lineman than they could have hoped for in next year's draft.

"With this draft, where we're at in my opinion with a second-round pick, we weren't going to get a player with Patrick Neufeld's ability, it's as simple as that," he said.

THE CANADIAN PRESS

Not packing it in

GM Kyle Walters insists his players will do all they can to win as the season drags to a close Nov. 2 with a final home game at Investors Group Field.

- "The players in there are professional players and they're supposed to go out there and they're going to play to their maximum ability no matter who's out there," he said.

Boston-Tampa Bay

Lobaton keeps Rays in series

Jose Lobaton hit a solo home run with two outs in the bottom of the ninth inning and the Tampa Bay Rays staved off elimination once again, beating the Boston Red Sox 5-4 Monday.

The Rays cut Boston's lead in the best-of-five AL division series to 2-1. Game 4 is Tuesday night, with Jake Peavy starting for the Red Sox against Jeremy Hellickson.

Tampa Bay took a win-or-go-home game for the fourth time in nine days.

THE ASSOCIATED PRESS

Oakland-Detroit

A's display their power with 3 HRs

Brandon Moss, Josh Reddick and Seth Smith homered for the Oakland Athletics, who chased Anibal Sanchez in the fifth inning and beat the Detroit Tigers 6-3 on Monday for a 2-1 lead in their AL division series.

Moss broke a 3-all tie in the fifth with a solo shot, and Smith's two-run drive later in the inning ended Sanchez's day.

THE ASSOCIATED PRESS

St. Louis-Pittsburgh

Cards rookie flirts with no-hitter

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates 2-1 Monday and setting up a winner-take-all Game 5 in the NL division series.

The Cardinals tied the playoff matchup and improved to 7-1 over the last three years when facing elimination in the post-season. THE ASSOCIATED PRESS

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shootout move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal in shootouts over the summer.

During a recent conference call, however, NHL executive vice-president and director of hockey operations Colin Campbell clarified that such a goal could be taken back, but only "if 1) there is interference on the goaltender or 2) the puck stops completely or 3) their motion stops completely and/or reverses." THE CANADIAN PRESS

NHL

Ovechkin takes top star for Week 1

Washington Capitals right-winger Alex Ovechkin was named NHL first star of the week Monday after recording six points over three games.

Ovechkin led all players last week in goals (four), points (six), power-play goals (three) and shots on goal (24).

THE ASSOCIATED PRESS

Early exit. Flyers fire head coach Laviolette

The Philadelphia Flyers fired coach Peter Laviolette after an 0-3 start and a pre-season vote of confidence from ownership.

The move came Monday, less than a day after Philadelphia lost 2-1 to Carolina.

Assistant Craig Berube will take over as coach. He is the Flyers' 18th coach in team history. THE ASSOCIATED PRESS

Quoted

"Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive."

Flyers chairman Ed Snider believes the team's current woes originated from an unspectacular training camp.

Horoscopes

♈ Aries
March 21 - April 20
You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

♉ Taurus
April 21 - May 21
If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

♊ Gemini
May 22 - June 21
Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

♋ Cancer
June 22 - July 23
Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

♌ Leo
July 24 - Aug. 23
Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

♍ Virgo
Aug. 24 - Sept. 23
You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

♎ Libra
Sept. 24 - Oct. 23
You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

♏ Scorpio
Oct. 24 - Nov. 22
With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

♑ Capricorn
Dec. 22 - Jan. 20
You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

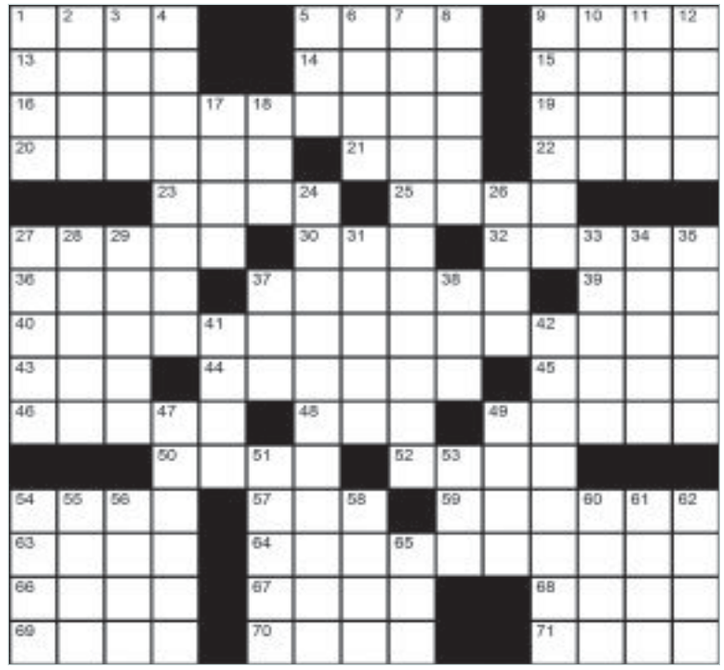
♒ Aquarius
Jan. 21 - Feb. 19
No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

♓ Pisces
Feb. 20 - March 20
Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



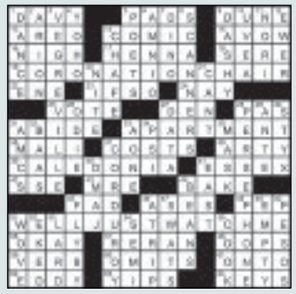
Across

1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This __ __..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vasoline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "__ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

Down

1. Road trip guides
2. "__ __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "__ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. "__ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan
17. Kim's momager
18. Q. "__ '_' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '__' Hart
49. "Wait just ___!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	8	9	7	5	1	2	3
3	9	2	8	4	1	7	5	6
5	7	1	2	6	3	8	4	9
9	1	4	6	2	7	5	3	8
7	6	5	4	3	8	9	1	2
2	8	3	5	1	9	6	7	4
4	2	7	1	8	6	3	9	5
1	5	6	3	9	4	2	8	7
8	3	9	7	5	2	4	6	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 19° MIN: 5°	MAX: 17° MIN: 7°	MAX: 20° MIN: 13°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

- Proceeds go to the College's 75th Anniversary Endowment Fund
- Walkways will be located at the Notre Dame and Exchange District Campuses
- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy.
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For a complete listing of our 75th anniversary events, visit **rrc.ca/75years**

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CELEBRATING 75 YEARS
RED RIVER COLLEGE